

**EXHIBIT 4**  
**BOP NATIONAL MENU FY 2024**

## Federal Bureau of Prisons - National Menu Breakfast FY 2024

## CONTINENTAL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruit	♥Fruit	♥Fruit	♥Fruit	♥Fruit	♥Fruit	♥Fruit
♥Hot Grits	♥Hot Oatmeal	♥Bran Flakes	♥Hot Oatmeal	♥Bran Flakes	♥Hot Oatmeal	♥Hot Oatmeal
♥Whole Wheat Bread and ♥Jelly (2)	Breakfast Cake or ♥Whole Wheat Bread and ♥Jelly (2)	Breakfast Cake or ♥Whole Wheat Bread and ♥Jelly (2)	Breakfast Cake or ♥Whole Wheat Bread and ♥Jelly (2)	Breakfast Cake or ♥Whole Wheat Bread and ♥Jelly (2)	Breakfast Cake or ♥Whole Wheat Bread and ♥Jelly (2)	Breakfast Cake or ♥Whole Wheat Bread and ♥Jelly (2)
♥Sugar Substitute Pks	♥Sugar Substitute Pks	♥Sugar Substitute Pks	♥Sugar Substitute Pks	♥Sugar Substitute Pks	♥Sugar Substitute Pks	♥Sugar Substitute Pks
♥Margarine Pat	♥Sugar Substitute Pks	♥Margarine Pat				
♥Skim Milk	♥Margarine Pat	♥Skim Milk				
Coffee	♥Skim Milk					Coffee

Dry Cereal and Milk Substitute may be served in Satellite Feeding Situations in place of Hot Cereal and Skim Milk.

## MIXED CONTINENTAL/HOT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruit	♥Fruit	♥Fruit	♥Fruit	♥Fruit	♥Fruit	♥Fruit
♥Hot Grits	♥Hot Oatmeal	♥Bran Flakes	♥Hot Oatmeal	♥Bran Flakes	♥Hot Oatmeal	♥Hot Oatmeal
♥Whole Wheat Bread and ♥Jelly (2)	Cream Gravy	Breakfast Cake or ♥Whole Wheat Bread and ♥Jelly (2)	Pancakes	Breakfast Cake or ♥Whole Wheat Bread and ♥Jelly (2)	French Toast	♥Whole Wheat Bread and ♥Jelly (2)
♥Margarine Pat	♥Oven Brown Potatoes	Biscuits or	W/ Syrup or	♥Whole Wheat Bread and ♥Jelly (2)	W/ Syrup or	♥Whole Wheat Bread and ♥Jelly (2)
♥Sugar Substitute Pks	♥Whole Wheat Bread and ♥Jelly (2)	♥Sugar Substitute Pks	♥Whole Wheat Bread and ♥Jelly (2)	♥Sugar Substitute Pks	♥Whole Wheat Bread and ♥Jelly (2)	♥Sugar Substitute Pks
♥Skim Milk	♥Sugar Substitute Pks	♥Margarine Pat	♥Sugar Substitute Pks	♥Margarine Pat	♥Sugar Substitute Pks	♥Margarine Pat
Coffee	♥Skim Milk	♥Skim Milk	♥Skim Milk	♥Skim Milk	♥Skim Milk	♥Skim Milk

Dry Cereal and Milk Substitute may be served in Satellite Feeding Situations in place of Hot Cereal and Skim Milk.

## Federal Bureau of Prisons - National Menu Lunch and Dinner FY 2024

## Week 1

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs or #Peanut Butter	Southwest Chkn Wrap or ♥ Chicken & Veggies or #Southwest Tofu Wrap	Chicken Patty Sand. or ♥#Ckn. No Flesh Patty	♥Hamburger or # Black Bean Burger	♥Baked Chicken or #Pinto Beans	♥Baked Fish or #Baked Beans	♥Beef Tacos or #Black Beans
♥Oven Brown Potatoes Cream Gravy Biscuits (2) or	♥Cole Slaw	♥Steamed Rice	French Fries or	♥Baked Sweet Potato	Macaroni & Cheese or	♥Cilantro Rice
♥Whole Wheat Bread and ♥Jelly (2)	♥Pinto Beans	♥Lettuce/Tomato	♥Baked Potato	♥Green Beans	♥Garlic Macaroni	♥Whole Kernel Corn
♥Fruit ♥Beverage	♥Fruit	Mayonnaise	W/Margarine Pat	♥Whole Wheat Bread	♥Carrots	♥Taco Shells (2)
	♥Beverage	♥WW Hamburger Bun	♥Lettuce/Tomato	♥Margarine Pat	♥Whole Wheat Bread	Shredded Cheese
		♥Fruit	♥Sliced Onions	♥Fruit	Tartar Sauce	♥Salsa
		or Dessert	♥Catsup & Mustard	or Dessert	♥Fruit	♥Fruit
		♥Beverage	♥WW Hamburger Bun	♥Beverage	♥Beverage	♥Beverage
			♥Fruit			
			♥Beverage			
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Roast Beef or #Black Eyed Peas	♥Turkey Roast #or Navy Beans	♥Salisbury Steak or #Black Eyed Peas	♥Black Bean Soup	♥Chicken Fajita or #Tofu Fajita	♥Pasta	♥Vegetable Soup
♥Mashed Potatoes	♥Steamed Rice	♥Mashed Potatoes	♥Beef Taco Salad or #Soy Taco Salad	♥Cilantro Rice	♥w/ Marinara Sauce	♥Chicken Salad or
♥Green Beans Brown Gravy	♥Green Peas Brown Gravy	Brown Gravy	Shredded Cheese	♥Black Beans	♥Meatballs or	#Hummus
♥Whole Wheat Bread	♥Whole Wheat Bread	♥Whole Wheat Bread	♥Salsa	♥Whole Kernel Corn	♥Soy Spaghetti Sauce	Potato Chips or
♥Beverage	♥Beverage	♥Margarine Pat	♥Beverage	♥Salsa	♥Spinach	♥Baked Potato
		♥Beverage		♥Beverage	♥Garden Salad	W/Margarine Pat
					♥Dressing, Assorted	♥Lettuce Leaf
					Garlic Bread or	♥Whole Wheat Bread
					♥Whole Wheat Bread	♥Beverage
					♥Beverage	

# Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

## Federal Bureau of Prisons - National Menu Lunch and Dinner FY 2024

Week 2

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs or #Peanut Butter	♥Chicken Tacos or #or Chickpea Tacos	Chicken Patty Sand. or ♥#Ckn. No Flesh Patty	♥Hamburger or # Black Bean Burger	Fried Chicken or ♥Baked Chicken or #PB & Jelly Sand. (2)	Breaded Fish Sand. or ♥Baked Fish or #Hummus	♥Scrambled Eggs or #Peanut Butter
♥Oven Brown Potatoes Pancakes	♥Cilantro Rice ♥Black Beans	♥Steamed Rice ♥Pinto Beans	French Fries or ♥Baked Potato	♥Mashed Potatoes W/Margarine Pat	♥Cilantro Rice ♥Pinto Beans	♥Oven Brown Potatoes Cream Gravy
W/Syrup or	♥Whole Kernel Corn	♥Lettuce/Tomato	W/Margarine Pat	♥Carrots	♥WW Hamburger Bun	Biscuits (2) or
♥Whole Wheat Bread and ♥Jelly (2)	♥Taco Shells (2) ♥Salsa	Mayonnaise ♥WW Hamburger Bun	♥Lettuce/Tomato ♥Sliced Onions	Chicken Gravy ♥Whole Wheat Bread	Tartar Sauce	♥Whole Wheat Bread and ♥Jelly (2)
♥Margarine Pat	♥Fruit	♥Fruit	♥Catsup & Mustard	♥Margarine Pat	♥Fruit	♥Fruit
♥Fruit	♥Beverage	or Dessert	♥WW Hamburger Bun	♥Fruit or Dessert	♥Beverage	♥Beverage
♥Beverage		♥Beverage	♥Fruit ♥Beverage	♥Beverage		
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Chicken Alfredo #or Tofu & Vegetables	♥BBQ Pork or #BBQ Tofu	Swedish Meatballs or ♥# Black Bean Burger	Cheese Pizza ♥# or Navy Beans	♥Cream of Potato Soup Chef Salad or	Lasagna w/Meat #or ♥Pasta Fazool	♥Chicken Breast Sandwich #or Hummus Wrap
♥Spaghetti Pasta	♥Pinto Beans	♥Egg Noodles	♥Pasta w/ Marinara	♥#Tofu Chef Salad	♥Garden Salad	♥Potato Salad
♥Green Peas	♥Coleslaw	♥Green Beans	♥Garden Salad	♥Beets (Cold)	♥Dressing, Assorted	♥Green Beans
♥Whole Wheat Bread	♥Baked Sweet Potato	♥Garden Salad	♥Dressing, Assorted	♥Dressing, Assorted	Garlic Bread or	♥Lettuce/Tomato
♥Beverage	♥Margarine Pat ♥WW Hamburger Bun	♥Dressing, Assorted ♥Whole Wheat Bread	♥Beverage	♥WW Bread (2) ♥Beverage	♥Whole Wheat Bread ♥Beverage	Mayonnaise ♥WW Hamburger Bun ♥Beverage
	♥Beverage	♥Beverage				

# Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

## Federal Bureau of Prisons - National Menu Lunch and Dinner FY 2024

Week 3

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs or #Peanut Butter	♥Chicken Fajita or #Tofu Fajita	Chicken Patty Sand. or ♥#Ckn. No Flesh Patty	♥Hamburger or # Black Bean Burger	BBQ Chicken or ♥Baked Chicken or #PB & Jelly Sand. (2)	♥Baked Fish or #Black Beans	♥Sloppy Joe or #PB & Jelly Sand. (2)
♥Oven Brown Potatoes Pancakes	♥Cilantro Rice ♥Black Beans	♥Garlic Macaroni ♥Green Peas	Sliced Cheese French Fries or	Macaroni & Cheese or Garlic Macaroni	♥Rice Pilaf ♥Spinach	♥Oven Brown Potatoes ♥Carrots
W/Syrup or	♥Whole Kernel Corn	♥Lettuce/Tomato	♥Baked Potato	♥Garlic Macaroni	♥Coleslaw	♥WW Hamburger Bun
♥Whole Wheat Bread and ♥Jelly (2)	♥Salsa ♥Fruit	Mayonnaise ♥WW Hamburger Bun	W/Margarine Pat ♥Lettuce/Tomato	♥Mixed Vegetables ♥Whole Wheat Bread	♥Whole Wheat Bread Tartar Sauce	♥Fruit ♥Beverage
♥Margarine Pat	♥Beverage	♥Fruit or Dessert	♥Sliced Onions ♥Catsup & Mustard	♥Fruit or Dessert	♥Fruit ♥Beverage	
♥Fruit ♥Beverage		♥Beverage	♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Beverage		
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Turkey Roast #or Navy Beans	♥Chili or #Three Bean Chili	♥Pepper Steak or #Lentils	♥Hot Grits ♥Scrambled Eggs or	♥Chicken & Veggies #or Ckn. No Flesh Patty	♥Black Bean Soup ♥Beef Taco Salad or	♥Roast Beef or #Lentils
♥Mashed Potatoes Brown Gravy	♥Steamed Rice ♥Mixed Vegetables	♥Steamed Rice ♥Green Beans	#Peanut Butter ♥Oven Brown Potatoes	♥Steamed Rice ♥Green Peas	#Soy Taco Salad Shredded Cheese	♥Mashed Potatoes ♥Mixed Vegetables
♥Carrots	Cornbread or	♥Whole Wheat Bread	Cream Gravy	♥Whole Wheat Bread	♥Salsa	Brown Gravy
♥Whole Wheat Bread	♥Whole Wheat Bread	♥Beverage	Biscuits (2) or ♥Whole Wheat Bread and ♥Jelly (2)	♥Beverage	♥Beverage	♥Whole Wheat Bread
♥Beverage	♥Margarine Pat ♥Beverage		♥Beverage			♥Margarine Pat ♥Beverage

# Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

## Federal Bureau of Prisons - National Menu Lunch and Dinner FY 2024

## Week 4

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs or #Peanut Butter ♥Oven Brown Potatoes French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Fruit ♥Beverage	Cheese Pizza ♥#or Navy Beans ♥Italian Pasta Salad ♥Green Beans ♥Garden Salad ♥Dressing, Assorted ♥Fruit ♥Beverage	Chicken Parmesan or ♥#Ckn. No Flesh Patty ♥Pasta w/ Marinara ♥Spinach Garlic Bread or ♥Whole Wheat Bread ♥Fruit or Dessert ♥Beverage	♥Hamburger or # Black Bean Burger Sliced Cheese French Fries or ♥Baked Potato W/Margarine Pat ♥Lettuce/Tomato ♥Sliced Onions ♥Catsup & Mustard ♥WW Hamburger Bun ♥Fruit ♥Beverage	Fried Chicken or ♥Baked Chicken or #PB & Jelly Sand. (2) ♥Baked Sweet Potato ♥Green Beans ♥Garden Salad ♥Dressing, Assorted ♥Whole Wheat Bread ♥Margarine Pat ♥Fruit or Dessert ♥Beverage	Breaded Fish Sand. or ♥Baked Fish or #Hummus ♥Cilantro Rice ♥Pinto Beans ♥WW Hamburger Bun Tartar Sauce ♥Fruit ♥Beverage	♥Scrambled Eggs or #Peanut Butter ♥Oven Brown Potatoes Pancakes W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥BBQ Shred Chicken or #Baked Beans ♥Baked Potato ♥Coleslaw ♥WW Hamburger Bun ♥Margarine Pat ♥Beverage	♥Chicken Fried Rice or #Tofu Fried Rice ♥Black Beans ♥Carrots ♥Whole Wheat Bread ♥Beverage	♥BBQ Pork or #BBQ Tofu ♥Steamed Rice ♥Collard Greens ♥Whole Wheat Bread ♥Beverage	♥Pasta ♥w/ Marinara Sauce Meatballs or #Soy Spaghetti Sauce ♥Spinach ♥Garden Salad ♥Dressing, Assorted Garlic Bread or ♥Whole Wheat Bread ♥Beverage	Hot Dogs (2) or ♥#Kidney Beans #or Navy Beans ♥Oven Brown Potatoes ♥Coleslaw ♥Catsup & Mustard ♥WW Hot Dog Buns (2) ♥Beverage	♥Chicken Cheese Steak #or Navy Beans ♥Italian Pasta Salad ♥Carrots ♥WW Hot Dog Bun ♥Beverage	♥Meatloaf or #Three Bean Chili ♥Steamed Rice ♥Whole Kernal Corn ♥Whole Wheat Bread ♥Margarine Pat ♥Beverage

# Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.

## Federal Bureau of Prisons - National Menu Lunch and Dinner FY 2024

## Week 5

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
♥Scrambled Eggs or #Peanut Butter	Chili Cheese Fries or ♥#Three Bean Chili	Chicken Patty Sand. or ♥#Ckn. No Flesh Patty	♥Hamburger or # Black Bean Burger	♥Baked Chicken or #Black Beans	♥Baked Fish or #Baked Beans	Beef Nachos or ♥#Three Bean Chili
♥Oven Brown Potatoes French Toast (2) W/Syrup or ♥Whole Wheat Bread and ♥Jelly (2) ♥Margarine Pat ♥Fruit ♥Beverage	♥W/Baked Potato ♥Carrots ♥Whole Wheat Bread ♥Fruit ♥Beverage	♥Steamed Rice ♥Pinto Beans ♥Lettuce/Tomato Mayonnaise ♥WW Hamburger Bun ♥Fruit or Dessert ♥Beverage	French Fries or ♥Baked Potato W/Margarine Pat ♥Lettuce/Tomato ♥Sliced Onions ♥Catsup & Mustard ♥WW Hamburger Bun ♥Fruit ♥Beverage	♥Baked Sweet Potato ♥Mixed Vegetables ♥Whole Wheat Bread ♥Margarine Pat ♥Fruit or Dessert ♥Beverage	♥Garlic Macaroni ♥Collard Greens ♥Coleslaw ♥Whole Wheat Bread Tartar Sauce ♥Fruit ♥Beverage	♥Whole Kernel Corn ♥Pinto Beans ♥Salsa ♥Fruit ♥Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
♥Beef Tacos or #or Chickpea Tacos ♥Cilantro Rice ♥Black Beans ♥Whole Kernel Corn Shredded Cheese ♥Salsa ♥Taco Shells (2) ♥Beverage	♥Pepper Steak or #Lentils ♥Steamed Rice ♥Green Beans ♥Whole Wheat Bread ♥Beverage	Pork Italian Sausage or ♥#Lentils ♥Oven Brown Potatoes ♥Diced Onions & Peppers ♥Mixed Vegetables ♥WW Hot Dog Bun ♥Beverage	♥Old Fshnd. Bean Soup Chef Salad or ♥#Tofu Chef Salad ♥Beets (Cold) ♥Dressing, Assorted ♥Whole Wheat Bread (2) ♥Beverage	Steak & Cheese Sub or ♥#Kidney Beans Potato Chips or ♥Baked Potato W/Margarine Pat ♥Green Beans ♥WW Hot Dog Bun ♥Beverage	♥Baked Ziti & Beef or #Soy Baked Ziti ♥Green Beans ♥Garden Salad ♥Dressing, Assorted ♥Whole Wheat Bread ♥Beverage	♥Chicken Cheese Steak #or Navy Beans ♥Italian Pasta Salad ♥Carrots ♥WW Hot Dog Bun ♥Beverage

# Indicates No Flesh Entree Item, ♥ Indicates Heart Healthy.